



## Summer 2022 Webinar Series

Boost your emotional health this summer by joining us for live 30-minute webinars lead by our clinical team.

### June

**Building a Resilient Mindset:** Learn about the mind-body connection, how to improve your emotional resilience, and how to incorporate present awareness and mindfulness into your everyday life.

[Wednesday, June 15<sup>th</sup>: 1-1:30pm CST/2-2:30pm EST](#)

**Resisting the Pressure to be Perfect:** We'll explain perfectionism, what the pressure does to us, ways to think differently about high standards, and how to face fears of imperfection.

[Friday, June 24<sup>th</sup>: 11-11:30am CST/12-12:30pm EST](#)

**Habits: Building the Good, Breaking the Bad:** We'll share tips on how to take your next big step toward a better life, whether that's creating new habits or working on cutting out an unhealthy habit.

[Tues, June 28<sup>th</sup>: 9-9:30am CST/10-10:30am EST](#)

### July

**Getting Unstuck: The Science of Moving Forward:** Do you often feel stuck or powerless in times of uncertainty? We'll help you assess your own challenges and share powerful strategies to help you thrive despite the unknown and learn practical ways to restore your wellbeing.

[Tuesday, July 19<sup>th</sup>: 10-10:30am CST/11-11:30am EST](#)

**Retrain Your Brain: The Case for Gratitude:** Research shows that strengthening your gratitude muscle can lower stress and improve mood...and building this muscle actually feels good! We will share ways you can strengthen your gratitude muscle and retrain your brain with practical ideas for every day.

[Thursday, July 28<sup>th</sup>: 3:30-4pm CST/4:30-5pm EST](#)

### August

**Staying Refreshed and Preventing Burnout:** Do you ever feel like no matter how hard you try, you're still not thriving? If so, you're not alone (*recent studies show 40% of us are feeling burnt out*) and there is hope. Join us as we share the powerful impact of discovering and living by your values. You'll receive practical insights about how to get past barriers that leave many of us feeling unfulfilled and drained.

[Friday, August 5<sup>th</sup>: 9-9:30am CST/10-10:30am EST](#)

**Getting Unstuck: The Science of Moving Forward:** Do you often feel stuck or powerless in times of uncertainty? We'll help you assess your own challenges and share powerful strategies to help you thrive despite the unknown and learn practical ways to restore your wellbeing.

[Tuesday, August 9<sup>th</sup>: 12-12:30pm CST/1-1:30pm EST](#)

**Capturing Your Time Thieves: Tools for Time Management:** Struggling to get it all done each day and feeling overwhelmed? We'll explain how we get off track, alternative approaches for success and practical tools for everyday life.

[Thursday, August 18<sup>th</sup>: 3-3:30pm CST/4-4:30pm EST](#)

When registering, please use the access code **INTACT1**. After registering, you will receive a confirmation email from Zoom containing information about joining the webinar.